

DECEMBER 2006

# Facets

*for women*



## The value of memories

Ames women share their  
favorite Christmas stories

The Christmas after Katrina





# Give Yourself

Something to

Are You Dreaming of  
A Whiter  
Christmas?

*For a limited time we're offering  
a comprehensive exam  
and cleaning\*  
including X-rays*

*for \$211\*\**

Every new patient will receive a set  
of bleaching trays. (a \$400 Value)

\* Based on periodontal and overall oral health.



Dr. Amie Rockow-Nelson, DDS

1-866-362-7625  
[www.doc-rock.ws](http://www.doc-rock.ws)



AMES CENTER FOR  
COSMETIC &  
FAMILY DENTISTRY

\*\* For this great offer mention this ad.

415 South Duff, Suite D, Ames, IA  
515-956-3700

## notes from the newsroom

By HEIDI MARTTILA-LOSURE



The holiday season is already well under way, whether or not anyone consulted you about Christmas decorations and Halloween costumes sharing space on store shelves. And from now to Christmas, the busyness snowballs, catching us in a whirlwind of programs, shopping, baking, cooking and get-togethers until we collapse, breathless and exhausted, on the couch for a post-pumpkin-pie nap.

Each year there are many voices reminding to slow down, to take some time to really appreciate the joy of the season. Some articles in this issue of Facets should help you find time to do that. Read Nancy Lewis' advice on the fun of catalog shopping (did you know, for example, that you can get footie pajamas for adults?) or Madeleine Rothmayer's advice on throwing a party for grown-up tastes even when you're pressed for time. And you know you'll have more energy for all that if you don't skip exercise; Debra Atkinson offers advice on staying inspired and committed to fitness during the holidays.

To help your children feel some true holiday joy, read the article Laurie Winslow Sargent's daughters helped her write on raising generous kids, then check out Marisa Myhre's pick of an essential book of Christmas stories.

And when you yourself are ready for a respite, Facets has two stories to help you revel in the wonders of the season. First is the story of Gilbert High graduate Dana Eness and her family, who found blessings in their Christmas last year even though Hurricane Katrina forced them from their New Orleans home. Then take in the cherished memories from local women of all ages. Whether they're 3 or 93, these women say the best Christmases are rich in laughter, reverence and time together.

So here's our gift to you: a few moments to just soak in some holiday spirit. Fix a mug of cider, put on your favorite holiday music, find a comfy chair and enjoy.

— Heidi Marttila-Losure, editor



The  
HOLIDAYS

# WELCOME TO Facets

Facet > 1. One of the flat surfaces cut on a gemstone.  
2. The particular angle from which something is considered.

FACETS IS A SUPPLEMENT TO THE TRIBUNE

## contributors

**EDITOR**  
Heidi Marttila-Losure

**FACETS PAGE DESIGN**  
Linda Oppedal

**GRAPHIC DESIGNERS**  
Christine Huebschman

**ADVERTISING SALES**  
Call Chancey Montang at  
292-0116 for sales  
information

**COVER PHOTO**  
Images by Ngaire/233-5447

Rae Haws; her daughter,  
Claire Haws; and her  
granddaughters, Ella and  
Grace Sundstrom, shared  
their favorite Christmas  
memories.

**Next issue:**  
getting organized

## in this issue

- |    |  |
|----|--|
| 2  | <b>NOTES FROM THE NEWSROOM</b>   |
| 4  | <b>FACETS CALENDAR</b>   |
| 5  | <b>SKIN CARE</b><br>Skin care for the holidays   |
| 6  | <b>FITNESS</b><br>The gift of inspiration and commitment   |
| 8  | <b>YOUR SAY</b><br>Catalogs for Christmas shopping   |
| 9  | <b>PARENTING</b><br>Nurturing generosity and gratefulness in kids  |
| 10 | <b>LEARNING TO FORGIVE</b><br>Ames woman helps others work through the steps of forgiveness to find peace for themselves |
| 12 | <b>FINANCE</b><br>The value of memories  |
| 16 | <b>THE CHRISTMAS AFTER KATRINA</b><br>The Eness family finds blessings after the storm                                   |
| 20 | <b>BOOK NOTES</b><br>Christmas tales for young and old   |
| 22 | <b>FOOD BITES</b><br>Grown-up festivities  |
| 25 | <b>LITTLE GEMS</b><br>Look party fabulous  |
| 26 | <b>FACETS FACES</b><br>Members of the Ames Waldorf Association   |
| 27 | <b>HUE &amp; CRY</b><br>A good word for 'holiday'  |





# FACETS calendar

If you have an event that would be of interest to Facets readers, please send it to [hlosure@amestrib.com](mailto:hlosure@amestrib.com) with "Facets Calendar" in the subject line.

DO YOU HAVE A PHOTO of women getting together? Send it to [hlosure@amestrib.com](mailto:hlosure@amestrib.com) and you might see your face here!

by HEIDI MARTTILA-LOSURE

## november

**28 – A lecture by Lynn Sherr**, an award-winning investigative reporter for ABC News 20/20, 7:30 p.m., Sun Room, Memorial Union, Iowa State University.

## december

**1 and 2, 8 and 9 – Blossoms of Light Festival** at Reiman Gardens, 5 to 9 p.m. Fridays and 1 to 9 p.m. Saturdays. Celebrate the holiday season by viewing this display of thousands of twinkling "blossoms," and enjoy music and Art Deco activities. Free for members, regular admission for guests.

**2 and 3 – Holiday Home Tour**, sponsored by Altrusa International of Ames, 1 to 5 p.m. each day. Tickets are \$10 in advance, \$12 at the doors, and will benefit Ames Historical Society, Ames Public Library and Habitat for Humanity. This is the first year

that a Habitat for Humanity home, at 117 Garden Road, will be on the tour. Other homes featured are Dennis Wendell, 917 Adams St.; Larry Chase and Ginger Johnson, 618 Crawford Ave.; Cliff and Donna Wobig, 2507 Hoover Ave. Call Carole Jensen, 233-2431, with any questions.

**8 – Gingerbread workshop**, 6:30 to 8:30 p.m. at Reiman Gardens. Create a classic gingerbread house to kick off the holidays. Pre-assembled house, icing and candy provided. \$35 per house for members, \$40 for nonmembers. Registration and payment required before Nov. 30.

**10 – Victorian Holidays at the Farm House Museum**, 1 p.m. This free event includes a tour of the Victorian home, holiday treats, festive music, carriage rides, a take-home craft and the chance to pose for a picture with Santa on the front porch.

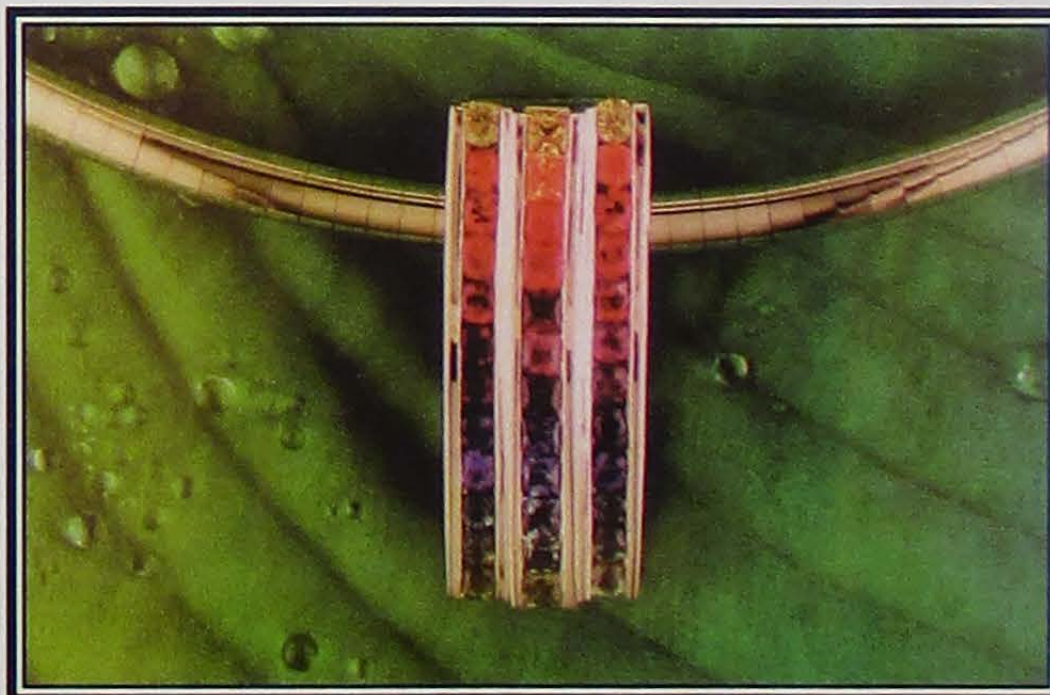
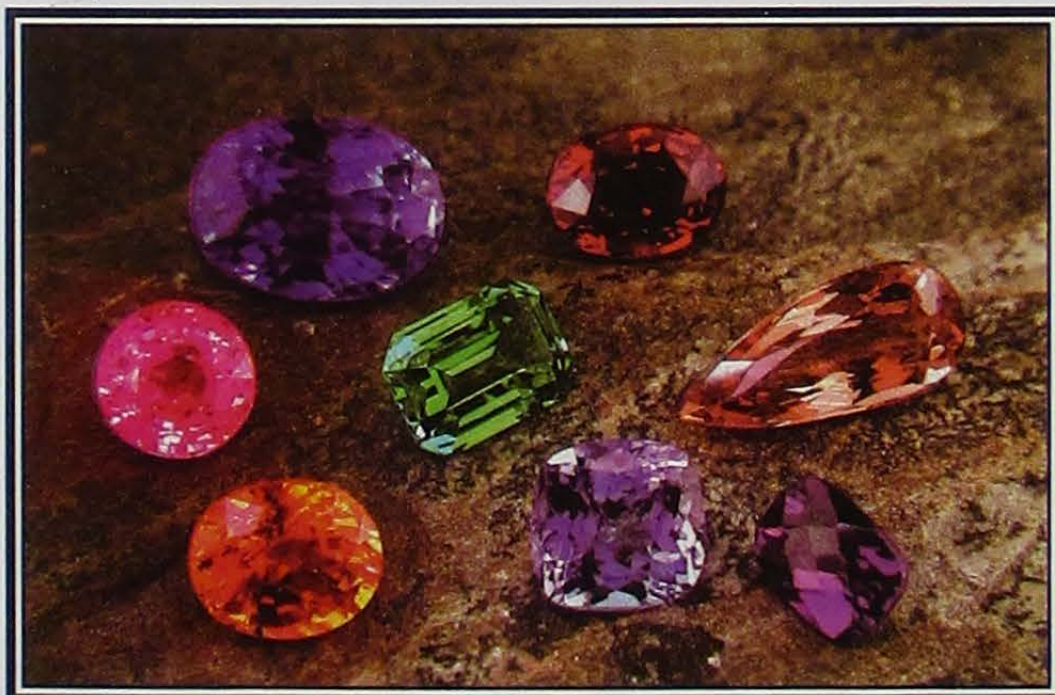


DeAnn Thompson, left, of Edward Jones in Huxley, and Daphne Reyes of MonteBello B&B Inn in Ames presented tips on how to throw a successful holiday party as part of a Money Smart Seminar Series Nov. 2 at the inn.



The crowd at the Money Smart event learned tips on party planning, such as don't go to the caterer's with more money along than you plan to spend.

*The Holidays Are Nearly Here!*



**Ames Silversmithing**

Designers and Goldsmiths

220 Main

Downtown

232-0080

[www.amessilversmithing.com](http://www.amessilversmithing.com)



# kiss

[ SKIN CARE ]

## skin care for the holidays

By DR. KATHY COOK

Everyone wants to look good for the holidays, but with many demands on our time, taking care of ourselves can seem overwhelming. Here are my steps to keep stress levels low for skin care, as stress can show on our skin!

### **K — Keep your skin routine simple.**

If your skin dries out in the winter air, use a non-drying cleanser (such as Dove or Cetaphil) with lukewarm water, pat dry and immediately apply a moisturizer to your skin to trap in the water to help hydrate it. On your face, use an antioxidant (Vitamin C or similar) and sunscreen during the day and a moisturizer at night. If you need help with particular problems or choices, call a skin care professional.

### **I — I matter.**

Busy women tend to take care of everyone else first. Don't forget to take care of yourself. Eat right, get enough sleep and exercise, as lack of these show on your skin.



By SMALL DOG PRODUCTIONS/232-3203

### **SS — Silky skin can help you feel good enough to spread more holiday cheer.**

Try exfoliating with a microdermabrasion kit at home, or use a moisturizer with urea or lactic acid in it. If you want professional help, medical microdermabrasion can remove dull or rough skin on the face and also on the neck and chest. This can be done on larger areas of the body. Dermatologists use a process called vibradermabrasion to do these treatments.

For rough heels, soak in a tub or shower and use a pumice stone or callus file, then apply Amlactin or similar. Do this daily if your heels are really rough.

### **KISS those you love, as we glow when we are loved and happy.**

Dr. Kathy L. P. Cook is a board-certified dermatologist and owner of Skin Solutions Dermatology, 500 Main St. in Ames, and can be reached at 232-3006. In the next issue, she will go over some makeover procedures for the new year.



[ FITNESS ]

# The gift of inspiration & commitment

By DEBRA ATKINSON

**W**hen Christmas lists, present-wrapping or a houseful of guests threaten to all but eliminate your workouts, be prepared! You're not alone, but rather than abandon the gym in exchange for a night of shopping, or cocktails and hors d'oeuvres, read on for some inspiration. Give yourself a much-needed gift of good health, stress relief and possibly just the mental break you need to find the answer for what to get your mother this year. Read on to arm yourself with motivation-enhancing tips to get you through the month of December and never miss a beat, or a workout.



**1. Make it a date.** This is not the time to cancel personal training appointments or change your routine habit of going to a particular class. Keep these appointments. They keep you able to function well through the rest of the season. If your social schedule absolutely has you needing to make a switch, sit down with a class schedule and exchange your regular class for another. Don't just eliminate it completely.

**2. Make it a bigger date.** If you were doing a half marathon in January, you'd be more motivated to fuel and rest well this few weeks before. That doesn't mean you should sign up at this late date! It does suggest that if you put some small goals on the big calendar, you'll start focusing on how you want to feel and perform, and overindulging becomes less attractive all the time.

**3. Fill your head with something different.** If you are surrounded by noise all day long, the TV is not the thing to tune into. If you are reviewing notes for finals or grading papers, leave them behind. Research says that taking a break from your usual activity actually gives the brain a much needed opportunity to come up with solutions. Treat yourself to whatever it may be you need

while you work out; peace and quiet, music, TV, talking with a friend.

**4. Reward yourself.** Look at the steam room or sauna as a reward for the weight training you need but dislike. Make a massage a pay-off for the week of diligence to the cardio you want to get done.

**5. Seek out inspiration.** Christmas is a time when we often look back to enhance the richness of now and provide hope for the future. Take in these inspirational memories of women who have lived strong. What is your legacy?

*My mom has lived through the death of both her sisters due to breast cancer, her youngest son due to suicide, and survived her own scare with breast cancer and a mastectomy. Through all of this, she raised four children (mostly on her own while Dad worked full time and went to night school), started running in her 30s and progressed to triathlons and continued to compete into her early 60s (throughout her battle with cancer as well), and was the "rock" for all of us to hold on to. She truly was, is, and will always be the inspiration that no matter what comes up, I can get through it, do so with dignity, and with the strength and support of my*

*family, still be able to take care of myself and them.* — Jenn Rigby, 38

*My inspirational grandmother, Mildred Opal Shields Johnston Abarr, was born in 1902 and died in 2001, a month short of her 99th birthday. She grew up in rural Iowa, a farm girl with grit. She survived the Depression, raised three children, and outlived two husbands. At age 96, after battling circulatory problems, she had her leg amputated — twice — but that never slowed her down. She danced in her wheelchair and learned to use a prosthetic leg. She described herself as "a tough old bird" but had a heart of gold.* — Deb P., 40-something.

**6. Understand the gift of you fully present and in good health for more years is yours and your family's to keep for a lifetime.** Long after the gifts are unwrapped and the fruitcake thrown away, they'll remember the energy and the spirit that you have because you take care of yourself all year round.



Debra Atkinson is a senior lecturer in the Department of Health and Human Performance at Iowa State University and personal training director at Ames Racquet and Fitness Center.





*At Madrid Home Communities,  
we're on a mission  
to serve you best.*

Just 20 minutes from West Des Moines and Ames, you'll find the *choices* and *compassionate support* you need in surroundings that feel like home.

Independent Living  
•  
Assisted Living  
•  
Skilled Nursing and Memory Care



*Serving You with Christian Compassion*

613 West North Street Madrid, Iowa 50156-1059

Phone: 515-249-2637 FAX: 515-795-2138 [www.madridhome.com](http://www.madridhome.com)

# HyVee® HealthMarket™ Introduces



*Crystal Morrison*  
*Registered Dietitian*  
*& Certified Diabetes Educator*

Crystal is available to help YOU with all your nutritional questions.

## Nutrition Services Offered:

- Personal Shopping Tours
- Health Screenings
- Group Supermarket Tours
- Individual Nutrition Counseling
- Community and In-Store Nutrition Classes
- Food Demonstrations

*See Crystal at either  
Hy-Vee location:*

**West Ames  
Hy-Vee**  
3800 W. Lincoln Way  
292-5543

**Lincoln Center  
Hy-Vee**  
640 Lincoln Way  
232-1961



*Entertaining  
for the  
holidays?*



*It's Not Just  
Kitchens  
Anymore!*



*Laura's* **Cabinet  
Gallery**

5th & Clark • (515) 232-6904



Member  
**NKBA**  
The National Kitchen & Bath Association  
National Kitchen & Bath Show Location



[ YOUR SAY ]

# Catalogs

## for Christmas shopping

Getting gifts by mail order can be a fun way to shop

By NANCY LEWIS

**T**he Christmas catalogs started coming in the mail in August, and now they arrive almost every day. I get stacks and heaps of them. I estimate that if I kept them all until January and put them in one big pile, that pile would be almost as tall as I am.

Many of the catalogs are of no use to me. Some come from museum shops, with art glass and framed prints and other expensive gifts. Some catalogs offer items that are disgusting and even obscene. A lot of them sell junk. I ordered a few things from one catalog and was dissatisfied with what I got. That particular catalog keeps coming, with a sticker on the front that says, "This will be your last catalog." Alas, the next week another one arrives from the same company.

But some of the catalogs are wonderful. Here are some of my favorites:

**GENERAL INTEREST:** Miles Kimball ("of Oshkosh, Wisconsin") is my first source for small, often personalized gifts and household items. They also encourage customers to shop with them by offering premiums. I have three very useful tote bags that I have received in different years as premiums from Miles Kimball, and a catalog just came offering another. I'm sure I can find enough things that I need yet to get the new bag!

Lillian Vernon also puts out an interesting catalog. This year, personalized family ornaments are featured. Family members' names can be inscribed on plastic snowmen, gingerbread men or teddy bears. Also a grandmother figure can have up to five grandchildren's names on hearts. Lillian Vernon sells unusual needlepoint Christmas stockings that can also be personalized. The catalog also recently featured many new gifts for children, including a wide variety of dolls, doll clothes, doll furniture and dress-up outfits.

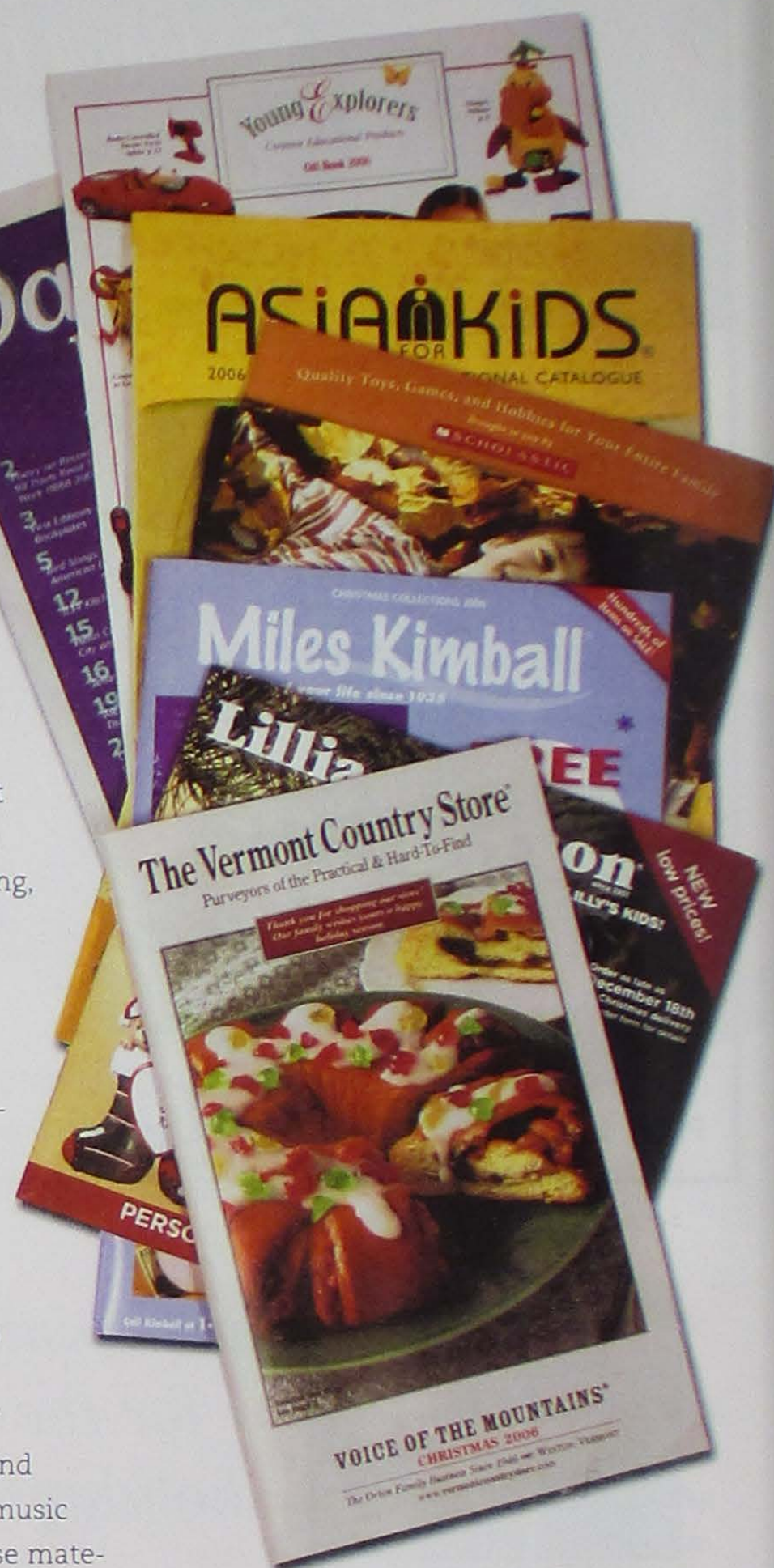
**TOYS:** There are many catalogs just for children's gifts and toys. Back to Basics Toys offers a lot of old-fashioned playthings with no batteries required. The wooden dollhouse can be filled with wooden furniture, and there is even a wooden dog house for the dog. Each dollhouse family has six members; families can be Caucasian, Asian-American, or African-American.

Young Explorers sells a lot of scientific and creative playthings, as well as unusual games. This catalog has two pages of pirate play activities and a page of medieval games and toys, as well as craft kits and geography experiences.

**ASIAN:** Asia Kids carries a lot of dolls with Asian features, coloring and costumes. There are books, games, music resources, DVDs and language course materials for several Asian cultures, including Chinese, Korean, Vietnamese, Hmong, Indian, Pakistani, Japanese, and Arabic.

**BOOKS, ETC.:** Catalogs selling books, music, videos and DVDs come in almost every mail delivery. My favorite of these is Daedalus, a company that sells discounted items. Since these are things that didn't sell well in book and record stores, my family and friends are not likely to own them. This is particularly true of the children's books. I have already placed a good-sized order!

**OLD-FASHIONED:** Of all the catalogs I get, my favorite is The Vermont Country Store. I don't order from it often, but it has a large collection of hard-to-find and old-fashioned items. Nowhere else can I send for a canned figgy pudding, a rum-raisin cake, or a tipsy cake. This company offers bonbons, Necco Wafers and Walnettos. It sells a manu-



al typewriter, a record changer and a drip coffee maker that isn't electric. It makes available union suits, woolen long underwear, and footed pajamas for adults of both sexes. From the Vermont Country Store, I could once again have Tangee lipstick and Tweed, Woodhue, or Evening in Paris perfume.

As I write this, I am awaiting the arrival of my Christmas orders. A few have come already, and I have eagerly opened the boxes. It's so much fun to examine the gifts and see if they live up to the catalog descriptions. I think it will be a Merry Christmas!



Nancy Lewis lives in Ames and can be reached at 233-2874 or [nslewis@hotmail.com](mailto:nslewis@hotmail.com).



## [ PARENTING ]

# Nurturing GENEROSITY & GRATEFULNESS in kids

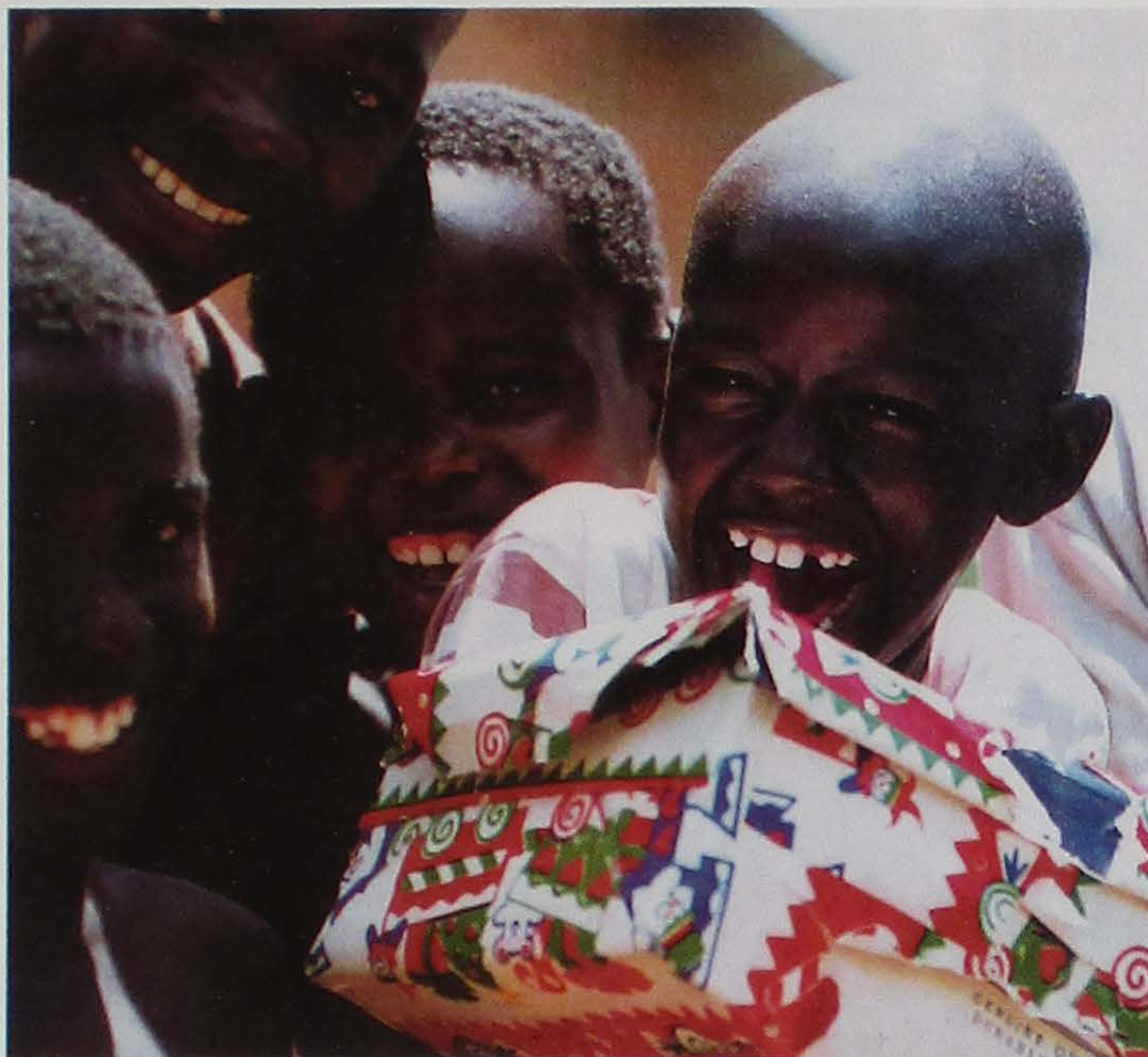
By LAURIE WINSLOW SARGENT

**'T**is the season to ... overspend and overindulge! Or is it? Must it be that way? Now that we are surrounded by holiday trappings, with every store crying out, *Sale! Big sale! Big, big sale!*, I've pondered: What can we as parents (or grandparents) do to help our kids better appreciate what they *already* own, minimize what they ask for, and soften their hearts towards less fortunate folks?

One new reality TV show, "Sweet Sixteen," certainly doesn't encourage that. Frankly, it upsets me, and my girls as well, ages 16 and 10. Seeing those teens on the tube demanding (rudely, no less) exorbitant birthday entertainment, expensive cars, jewelry and a new wardrobe, each for their "big day," causes our jaws to drop. I love it when my daughters get irate about it, telling me how utterly selfish the whole concept is.

And my girls put their money where their mouths are, having repeatedly sacrificed their own income and time to help others in need. One of them shocked me, not by wanting the "Sweet Sixteen" brand of fun, but instead by asking if some of her birthday money could be used to educate a girl in China for a year. She will certainly kick me for sharing that — but I hope her caring request offers inspiration to kids and parents alike.

I've contemplated how we can immunize kids against the lure of commercialism and a take-it-for-granted attitude, while still show-



In 2005, Operation Christmas Child—the world's largest Christmas project—hand-delivered more than 7.6 million shoe box gifts to hurting children in some 90 countries.

Courtesy of SAMARITAN'S PURSE

requires much more than periodic platitudes ("Eat your peas — some child in Africa is starving!"); "'Tis better to give than receive!"), which may produce guilt trips in a child, but not necessarily an attitude of gratitude. In fact, our own lifelong attitudes towards money, possessions and the plight of others affect our kids daily — for better or worse.

So how can we do better? I decided to ask my kids to help me compile a list of ways they have been encouraged to become more compassionate, generous and satisfied with what they have. Here's what we came up with:

- **Model volunteerism and encourage it in your kids.** Engage in projects as a family and individually, according to temperaments and interests. Discuss the impact

lives, for instance the delivery of a turkey dinner with fixings to a single-parent mom of three whose cupboard is bare.

- **Model joy in giving: It can be contagious.** Help your child purchase enough items to fill a shoe box to send to an impoverished child through Operation Christmas Child. After being given a budget to work with, my 10-year-old lovingly chose small toys and toiletries for a girl her age who lived across the world, saying it was the most fun she'd had in ages!

- **Expose your kids to the needs of others.** Church is an ideal place for children to become aware of this every week, especially if they see the sharing of needs discussed openly and acted on exuberantly. Or sponsor a needy child every month for years, and

that child, becoming familiar with that child's needs, struggles and culture.

- **Teach your kids the true value of money from the time they are small.** When mature enough, allow them the privilege of working hard to earn some income and budget it themselves. They soon realize how hard some people work to earn a meager or insufficient income. By living frugally, your children realize how money can be unnecessarily wasted, yet also realize that a little can go a long way for others in need.

- **Help your children understand how to help in specific, practical ways.** When tragedy hits the news, allow your children to understand some of the reality without overwhelming them. Then let them help. For example, through World Vision ([www.worldvisiongifts.org](http://www.worldvisiongifts.org)) or Heifer International ([www.heifer.org](http://www.heifer.org)), your child can buy a milk-producing goat or an egg-laying chicken to help sustain a hungry family, or help supply enough clean water to sustain an entire village.

Hey, it's the holidays! On this front, do overindulge. And may my girls' blessings be upon you.



Laurie Winslow Sargent lives in Ames and is the author of two books on parenting. Learn more about her publications, speaking presentations and writing workshops



# Learning to forgive

## Ames woman helps others work through the steps of forgiveness to find peace for themselves

By HEIDI MARTTILA-LOSURE

**"S**tage Four: Indignation." The group of women settled back into their comfortable chairs in the fellowship room of Northminster Presbyterian Church after a coffee break, as Sandy Hoenig started back into her lesson on the day's topic: forgiveness. Sometimes the women jotted a note as she talked, but mostly they just listened.

storming things people do when they're angry, and the group divided and settled themselves around two tables, with markers in hand.

The day was full of such activities, as well as such lessons from Hoenig. Since first doing a lot of learning about forgiveness in the 1990s after a personal experience spurred her in that direction, Hoenig, a retired elementary school counselor, has given classes and retreats on

stand what forgiveness is not," Hoenig said.

Forgiveness is not forgetting, for example. "It's OK to remember," she said. "If you don't remember, you become vulnerable."

And forgiveness is not excusing someone, avoiding conflict, tolerance or condoning.

So then, what is it?

"Personal empowerment and spiritual healing," Hoenig said.

It's both a process and an end result; Hoenig takes participants in her retreats or readers of her book through six stages — denial, self-blame, victim, indignation, survivor and reconciliation — to help people complete forgiveness.

The problem with not forgiving, Hoenig said, is that then you are allowing the person who hurt you to remain in control.

"The whole idea behind personal empowerment is putting you in control," she said. "You forgive others as a gift to yourself. It's like a cancer to your own body if you don't forgive."

Hoenig's strategy during the retreats is to break down the process of forgiveness for the participants.

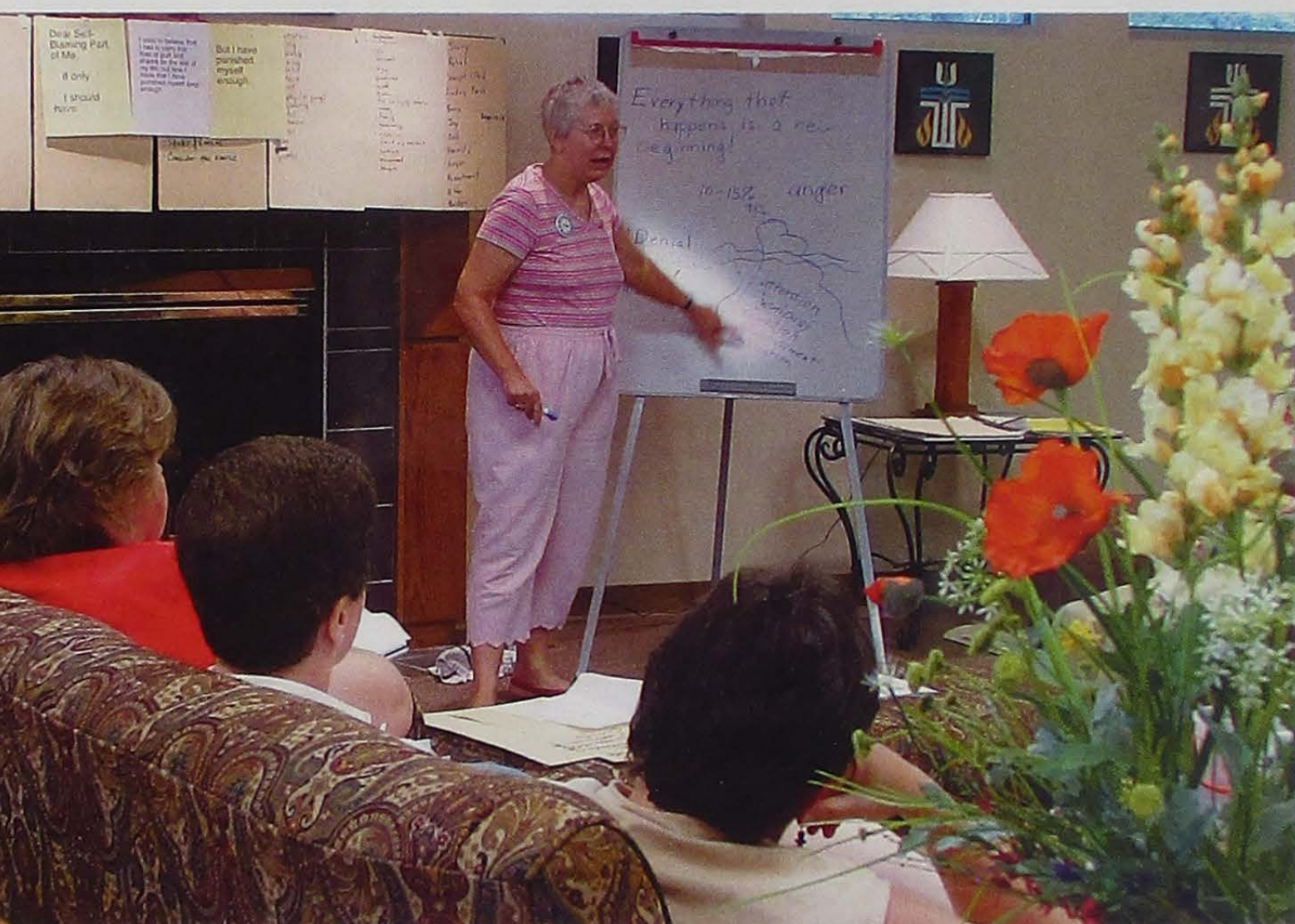
"I show them how to do it," Hoenig said. "I give them permission to deal with it, and I teach them how to deal with it and how to let go."

### Life lessons

Grace Amemiya, of Ames, came to the retreat at Northminster Presbyterian as a friend of Hoenig's and as an example of someone who has learned to forgive. And Amemiya is a woman who did have a lot to forgive: When she was 21, she and her family, along with thousands of other Japanese-Americans, were forced into internment camps.

At a retreat last summer, Amemiya, now 86, said she had just returned from the last reunion for the survivors of the camps. She said she knows of one man who, even this

Information about Sandy Hoenig's book, "The Joy of Forgiveness," or about her retreats can be found at [www.joyofforgiveness.com](http://www.joyofforgiveness.com).



"Everything that happens has a new beginning," Sandy Hoenig told a group of women at a seminar on forgiveness last summer.

"Indignation is a fancy word for saying anger," said Hoenig, of Ames. "The fastest way to get out of the victim stage — when you're really negative, really down in the dumps, when nobody wants to be around you — is to get angry, to give ourselves permission to get angry about what happened to us."

Anger can actually be a great motivator, Hoenig said, and the women chuckled thinking of the women they knew who could get the whole house cleaned in record time when they were hopping mad. But anger can be dangerous, too, Hoenig said; the key is to find positive outlets for that anger.

The next activity for the day was brain-

storming things people do when they're angry, and the group divided and settled themselves around two tables, with markers in hand.

She herself finds joy in her message, and she's doing what she can to share it.

### The joy of it

Some people might not think there would be any joy in forgiveness. But that's because they have a mistaken idea of what forgiveness is, Hoenig said in a later interview.

That's why one of the first things Hoenig does at her retreats is to "help people under-

by HEIDI MARTTILA-LOSURE





Participants in the seminar, including Sharon Burton, left, and Grace Amemiya, third from right, brainstorm ways to express anger. Other participants are Erin Makundi, Debbie Landuyt, Sue Ellsworth and Heather Parson.

## Is a hurt resurfacing this holiday?

The holidays are a time when many people have to face other people or situations that remind them of a hurt they may not have to deal with the rest of the year.

But just because those feelings are ignored doesn't mean there is healing, Sandy Hoenig said.

"When you bury feelings, you bury them alive," Hoenig said, quoting author John Powell.

Hoenig offers this advice to people who might be dealing with unresolved hurts:

- Try to look at the situation from the other person's point of view. "We all make mistakes," Hoenig said.
- Communicate with the other person and let him or her know you were hurt. "Sometimes a person is hurt unintentionally and we don't realize it," she said.
- Consider the possibility that the person needs help. Depression, alcoholism and other problems can strike any family.
- If you are the person who did the hurting, think about how you can go about asking the other person to forgive you. "Sometimes the hardest person to forgive is yourself," Hoenig said.
- Lastly, remember that families are important, for many reasons. Not doing all you can to reconnect with your family members is a decision you may come to regret later.

many years later, is still resentful over what happened to him.

"He is destroying his health," Amemiya said.

Amemiya, who was featured in Hoenig's book, said she has no memory of ever being bitter over her experience. Bitterness would have let others have control over her. Instead, Amemiya has tried to understand the cause of her experience and to forgive. She travels to schools and other groups to speak about her experience.

Sharon Burton, of Ankeny, said she came to the retreat partly just because "I really like retreats," she said.

But when she arrived, she realized the topic of forgiveness had relevance to some changes she was going through at work.

"By looking at it in the spectrum of forgiveness, I realized I have more control over it

— over the attitude I have over that change," Burton said. "When your work environment changes, you can feel like a victim of it because there's nothing you can do about it. It's been very eye-opening for me to be here ... I have total control of how I deal with it."

Hoenig said she has had people with problems large and small at her retreats, including such seemingly unforgiveable things as incest and divorce. But even with such huge hurts, or perhaps especially with them, there is no point in hanging onto the pain, Hoenig said.

No matter how much time or money or effort you have, Hoenig reminded her group, "there is absolutely nothing anybody can do to change the past.

"What we have to do is focus on today."

Heidi Marttila-Losure is editor of Facets and can be reached at 232-2161, Ext. 352, or [hlosure@amestrib.com](mailto:hlosure@amestrib.com).

# Ville

day spa

*Give the  
Gift of  
Rejuvenation!*

*Gift Certificates  
available for any  
amount or service.*

### Offering:

- Ultimate Foot Treatment
- Ultimate Hand Treatment
  - Facials
  - Massage
- Body Treatments
- Air Brush Tanning
  - Waxing
- Make-Up Application

**Located in Somerset Village**  
**2610 Northridge Pkwy.**  
**Suite 101**  
**Ames**  
**515.268.4644**  
**877.268.4644**  
**[www.villedayspa.com](http://www.villedayspa.com)**



# The value of memories

By KAREN PETERSEN

If you had unlimited time, money and energy, how would you make your 2006 holiday so special that for years your family will remember this Christmas?

Take some inspiration from the special Christmas memories from several local women and make a commitment to enjoy the holiday season. We all know, and these stories confirm, that life is ... more than money.



IMAGES BY NGAIRE/233-5447

**Three generations of memories: Pat Brown; her daughter, Bev Hutney; and her granddaughter, Amy Hawkins.**

## Pat Brown

*State Farm agent; school board and Sustainable Neighborhoods board member*

Christmas Eve at our house is the Czech tradition of inviting friends and family for traditional foods such as roast goose, dumplings, and a table covered with desserts. We exchange homemade gifts of jams, jellies and breads. Christmas morning promises homemade gifts, but also very practical gifts: socks, underwear and pajamas. • The Christmas my grandson Max was just four, Doug and I, not without considerable sacrifice, bought him a Mac computer. After all the gifts were opened, I turned to Max's dad and said, "I think there is a large box in the garage we have not opened." When Max opened the box, a single tear rolled down his cheek. This year Max, now 15, won an award for his film about Ding Darling, edited on his Mac computer.

## Bev Hutney

*creative director at The Stelter Company*

My favorite Christmas was 1990, the year my first child was born. Christmas is more special when you have children of your own and you turn your energy toward creating special memories for them. It made me realize how much fun my parents had making Christmas special, picking out the perfect gifts, and keeping traditions alive.

## Amy Hawkins

*Freshman at Roosevelt and Central Academy in Des Moines*

My favorite memory was the year that Santa Claus visited our house when I was about 5 years old. We left cookies on a plate and vegetables for the reindeer. Santa Claus left footprints on our carpet leading to the fireplace, so we knew he was really there. I also got the greatest gift — a giant Fisher Price doll house.



## And another three generations of memories: Rae Haws; her daughter, Claire Haws; and her 3-year-old twin granddaughters, Ella and Grace Sundstrom.

### Rae Haws

Retired school librarian now reading good  
books to kids at the Ames Public library  
Smyley Project

My fondest Christmas memories are of the days of anticipation before Christmas. My sister and I spent hours under the tree thinking about what might be in the packages, arranging them, and poking under the bow to see what was there. My mother made the best frosted sugar cookies at Christmas, plus wonderful candies: toffee, fudge, divinity and peanut brittle. All were hidden in crocks kept in the old coal bin

area of the basement. I think she knew that we helped ourselves whenever we wanted.

• As a little girl I loved being in the Christmas program each Christmas Eve at the only church in my hometown. As I got older I went caroling around town; because the town was so small, 180 people, we tried to carol at every house. • We were offended the year we came home from college to find that our mother had decorated tumbleweed rather than a tree. She probably wanted just to do something a little different, but we asked her to never do such a thing again.

IMAGES BY NGAIRE/233-5447



**Ville**  
day spa

*Holiday  
shopping have  
you drained?  
Rejuvenate your  
mind and spirit!*

### Offering:

- Ultimate Foot Treatment
- Ultimate Hand Treatment
  - Facials
  - Massage
- Body Treatments
- Air Brush Tanning
  - Waxing
- Make-Up Application

Call today for  
your appointment.  
Gift certificates available.

Located in Somerset Village  
2610 Northridge Pkwy.  
Suite 101  
Ames  
515.268.4644  
877.268.4644  
[www.villedayspa.com](http://www.villedayspa.com)



**Claire Haws**

*Mother of identical twins Ella and Grace Sundstrom and a freelance writer for the community sections of the Des Moines Register*

I must be honest, most of my Christmas memories center around gifts! • One year, my father gave my mother a new watch. He put the watch in the bottom of a giant refrigerator box and filled it with newspapers. The box took up virtually our entire living room, and my mother spent the better part of Christmas morning digging

through the box trying to reach her gift. • I thought I had hit pay dirt the Christmas I was 13, when one particularly heavy gift caught my eye in the days leading up to Christmas. I assumed the hefty package would yield something great. But I was deeply disappointed — as most teenagers would be — when I received my very own “Webster’s Ninth New Collegiate Dictionary.” I must admit, this is the only gift from my 13th year — or likely any teenage year — that I still own, and it’s

been 20 years now!

**Ella and Grace Sundstrom, 3**

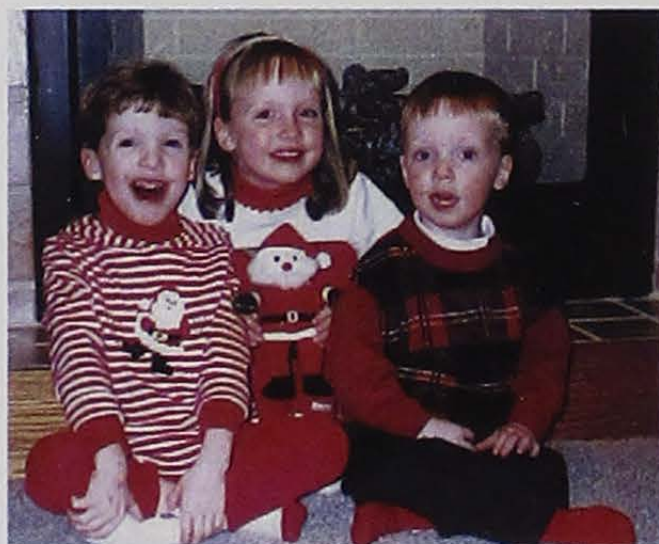
We only remember one Christmas, last year. What we remember is making Christmas cookies with our aunt. We also remember the pair of pajamas we were wearing on Christmas morning when we got to open our presents, and we loved that our grandparents spent the night at our house on Christmas Eve.

## More memories:

**Mary Pepper**

*Semi-retired singer and quilter*

There was a routine to be followed every year before we opened the gifts. A fire would be lit in the fireplace, and the Christmas story would be read from the Bible. It was an honor to be considered old enough to read the story. I think I was 7 or 8 years old when I got to read part of the Christmas story. My dad would sing “Oh, Holy Night,” and finally we would get to unwrap the presents! I continue to carry on this tradition in my family.



From TOOT FAMILY

Sarah and Margaret at 5 1/2 and Ben at 2 are children of Paul and Molly Toot of Nevada.

**Molly Toot**

*Marketing manager for PigCHAMP inc*

December 2000 was the first year our children experienced the Toot family Christmas Eve get-the-children-to-bed-quickly tradition. Sleigh bells ring at 10 p.m. each Christmas Eve to let the kids know Santa is on his way; Santa does not come unless the children are sleeping.

Sarah and Margaret were playing when they heard the sleigh bells. As soon as the bells rang one of them covered her eyes, hoping that if she could not see Santa, he could not see her. She started to get upset, almost scared, because she wasn’t sure how she would get to her room with her eyes covered so Santa wouldn’t see her. Today our children are 11 1/2 and 8, and we still ring the sleigh bells at 10 p.m. on Christmas Eve (though we have had to get a little trickier), and they still go right up to bed and sleep!

**Deb Atkinson**

*Personal training director at Ames Racquet and Fitness Center*

Christmas Eve church service memories are very special. In the small town where I grew up, the entire community was involved in all parts of our lives. It was tradition for us to attend (or put on) the midnight candlelight service. It always ended the same way, with members of the congregation exiting to the back of the church and circling the fellowship hall. Faces were illuminated by candlelight, and the verses of Silent Night were sung over and over until everyone finally filed out. Older members of the congregation often complained they were dizzy going in circles by the time the crowd was out! I remember feeling surrounded by all of these people who had influenced my life. I have not been able to attend that service for years

and am afraid many of the faces have changed or are gone, but my memory of it is still as strong.

**Shelly Gehring**

*Youth minister at Bethesda Lutheran Church*

The first time we had ever been away from our families at Christmas was more difficult than we anticipated. We were living in Butte, Mont. My husband, Randy, was busy preparing for his first Christmas services as a worship leader, and I was working many hours in a local Ben Franklin store. When we both finally landed at home Christmas Eve, we realized that neither of us had thought about preparing any type of special Christmas Eve meal. We found a loaf of bread and a can of tuna fish. That evening, as we were sitting over our simple Christmas Eve meal of tuna sandwiches and milk, we learned a huge lesson. It’s not about all of the fuss of a big meal, traveling long distances, getting or giving that perfect gift. It is about remembering a simple birth in a stable: the birth of our Savior, Jesus Christ. Each Christmas Eve since that time, my husband and I share a meal of tuna sandwiches, our own simple reminder of why and what we celebrate.



Please contact Karen Petersen at [karen@myMoreThanMoney.net](mailto:karen@myMoreThanMoney.net) with people or ideas you would like to see in this column.





## Time is finite; money may appear to be infinite.

Unfortunately, we too often buy into this illusion. If we run out of time to create Christmas memories, we can just spend — or charge — more. We justify the spending because Christmas only comes once a year. Unfortunately, credit cards bills arrive monthly and can outlast memories.

Here are some ways to keep the cost of your memories in check.

### Determine your budget.

- **Time:** How much extra time do you have in December? Six hours during the week and eight hours on the weekend? Be realistic when you make plans: It is easy to plan on more time than is available.
- **Energy:** Does your extra energy equal your extra time? Committing more time than you have energy may not create happy memories.
- **Money:** Plan the total amount you will spend. How many are on your gift list? How much will you spend per gift? Where will you get the money — income, savings or credit card? If you find you have more gifts than money, evaluate your list.

### Make a list of all people to whom you plan give a gift. Divide the list to indicate:

- People to whom you must give a gift.
  - People to whom you would like to give a gift.
- Divide the list again and group by cost of gift. You chose the amount; it could be divided like:

- Gifts under \$10
- Gifts \$20 to \$50

If your list and your dollars do not match, you have choices:

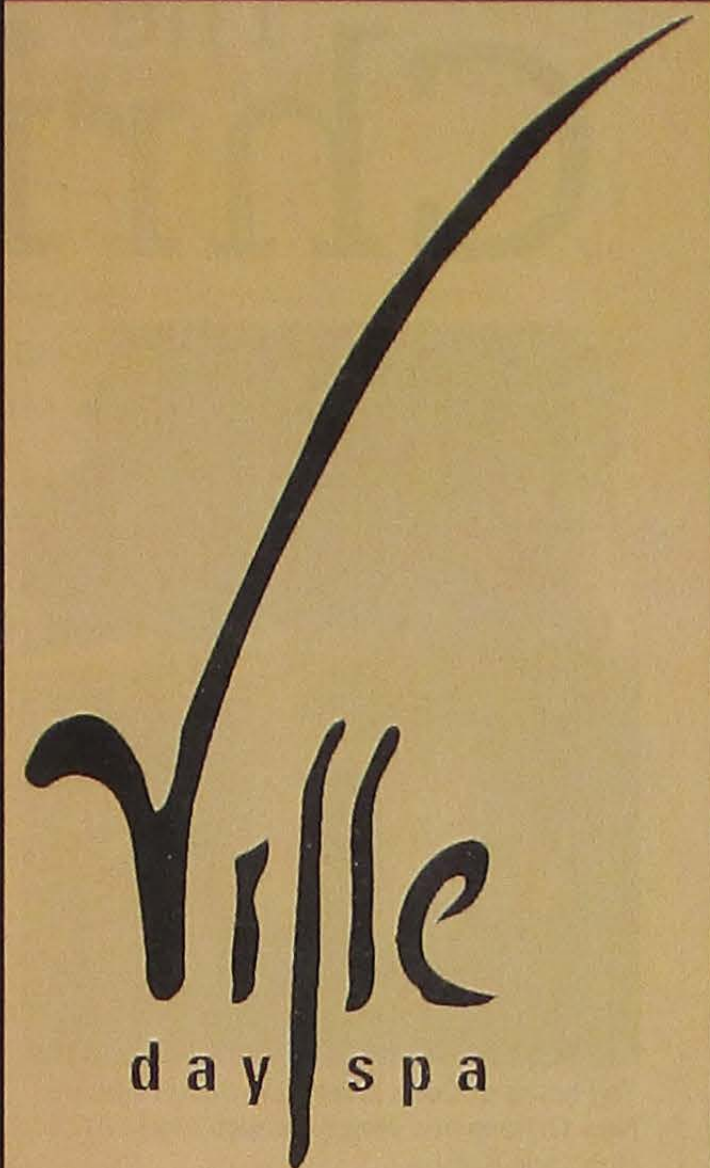
- Give only to the "must give" list or some combination of "must give" and "like to give" list.
- Reduce the dollar amount of the gifts.

### Sounds easy, but how do you accomplish fewer gifts or fewer dollars?

- Talk with friends and family. They might like to suspend gift giving and will welcome the suggestion.
- Chose quality over quantity.
  - One \$4 truffle is quality; box of 78 chocolates for \$10 is quantity.
- Chose time over money.
  - A small child will enjoy a day at the park or frosting cookies as much as one more gift.
  - Parents will enjoy a gift of child care. I give my children a punch card for "Grammy in residence" time.
  - Friends might enjoy the promise of home-made and delivered soup or chocolate each month.

I hope some of these ideas work for you. Remember this Christmas, as in life, strive for progress, not perfection.

— Karen Petersen



*Relax &  
Rejuvenate with  
your friends or  
co-workers.*

*Call today to  
book your  
holiday gathering.*

### Offering:

- Ultimate Foot Treatment
- Ultimate Hand Treatment
  - Facials
  - Massage
- Body Treatments
- Air Brush Tanning
  - Waxing
- Make-Up Application

**Located in Somerset Village  
2610 Northridge Pkwy.  
Suite 101**

**Ames  
515.268.4644  
877.268.4644**

**[www.villedayspa.com](http://www.villedayspa.com)**



# The Christmas after Katrina

By SUSAN CANNY VERNON



Photos from THE ENESS FAMILY

The home of Dana Eness and Jason Weise in New Orleans had minor damage after Hurricane Katrina.

The 2005 holiday season was one sisters Allison and Dana Eness will never forget. In the aftermath of one of the nation's most devastating natural disasters, they found happiness, reaffirmed their lifelong friendship, and learned lessons that will stay with them forever.

## Growing up in Iowa

Dana and Allison Eness were inseparable as children.

"Dana and Al shared a room, giggled together and I can't remember them ever being put out with each other," said their mother, Margo Eness.

Born only a year apart, they shared every aspect of their lives growing up on their parents' acreage between Ames and Gilbert, in what is now Bloomington Heights. They built tree houses and tended to their 4-H projects in summer, played in the snow in winter and attended school together in Gilbert. They shared friends and enjoyed one another's company.

But after graduating from Gilbert High School in the early 1980s, life led the sisters in very different directions.

Allison remained close to home. She attended Luther College School of Nursing, married Jay Heydlauff and began a career as a physician's assistant at McFarland Clinic. Allison and Jay purchased the family home from Allison's parents and settled into life on the old homestead, eventually adding a daughter, Lydia, to their family.

Dana's path led her away from the Midwest. She graduated from Cornell College with a degree in Spanish literature and headed to Costa Rica, where she began an internship working with a news publication and teaching English. It was her experience in Central America that first drew her to New Orleans to begin graduate work in Latin American studies at Tulane University.

Dana's formal education focused on the economics, political science, and history of Central America, but for Dana, New Orleans itself proved to be the more powerful teacher.

"New Orleanians embrace life, not just what is good and loveable about life, but life in its totality," Dana said. "The depth

and complexity of feeling and cultural richness is expressed in its art, its music and its food."

Dana speaks poetically of the city she loves, the city that has drawn her back into its arms time after time through the years.

It was Allison and Jay who introduced Dana to her husband, Jason Weise, a classmate of Jay's at Iowa State University. Jason followed Dana to New Orleans, and he, too, developed a love of the Big Easy he could not shake.

Dana and Jason left New Orleans briefly in the early '90s. After spending a year teaching English in Seville, Spain, they returned to Ames, where Jason completed a master's degree in creative writing at ISU. Even as they enjoyed the years spent near Dana's family, the couple felt New Orleans calling them, and they returned there to put down roots in 1995.

## The coming storm

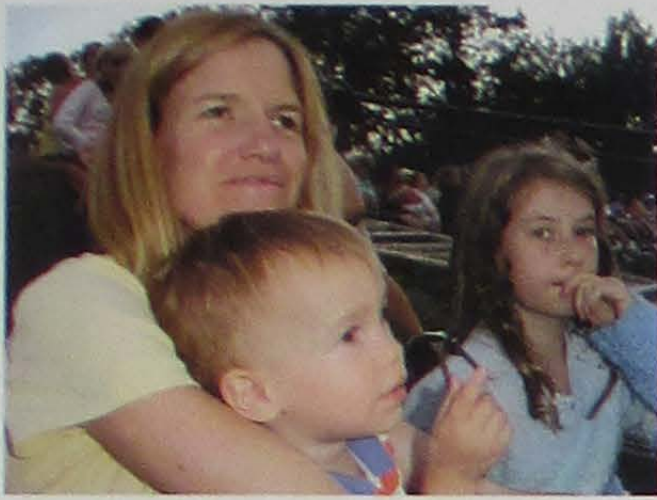
By August 2005, Dana had lived nearly half her life in New Orleans. She was no stranger to hurricanes. Dana and Jason



Two-year-old Aidan Weise shoveled his first snow last year when his family stayed in Ames.



prepared for Hurricane Katrina like they had prepared for every hurricane before it.



Dana, Aidan and Sadie enjoyed watching the Dayton Rodeo parade

They loaded their vehicle with enough food, water and supplies to last three days, packed 8-year-old Sadie and 20-month-old Aidan into the car and hit the road for northern Louisiana on Aug. 28, 2005. They

did not imagine four months, three major holidays, and both of their children's birthdays would pass before their family would return home to their beloved New Orleans.

"They do a very good job of teaching people how to be ready for a hurricane," Dana said. "Everything we did was pretty standard. It wasn't until Katrina was over and the levees were breeched that we understood this was different. That's when we realized we needed to stop thinking in three-day increments and start making plans for a much longer stay somewhere."

## Home to Ames

Unlike so many displaced by Katrina, Dana and Jason had no difficulty deciding where to seek refuge for their family. They headed home to Ames.

Allison prepared for her sister's arrival with a heavy heart.

"I was so upset," Allison said. "I cried and blabbed to my friends that my sister was a refugee. She was homeless and had no money and didn't even know whether she still had a job."

Within minutes, Allison's friends at McFarland Clinic and Mary Greeley Hospital went into action, raising money and arranging for housing for the family.

"People just wanted to do something. They wanted to reach out and help and know their help was going to the right place. It was quite moving for me," Allison said, commenting that her entire role in helping was having such generous friends.

Though Dana and Jason's home had sustained relatively minor damage, there were still worries as they made the trip to Iowa. They had not prepared for a lengthy stay and did not have access to their bank accounts.

"We literally had nothing but \$60 cash in our pockets," Dana said, "and we didn't know if or when we would have access to our bank accounts again."

They arrived in Ames disheveled and weary, wearing the same clothes they had worn for three days. But their needs had been anticipated by their family and by the Ames community. A furnished apartment was waiting for them, courtesy of Shriver Property Rentals.

"I opened the closet door," Dana said, "and the closet was

already filled with clothes in my size. We had a very soft landing."

## Cherishing family time

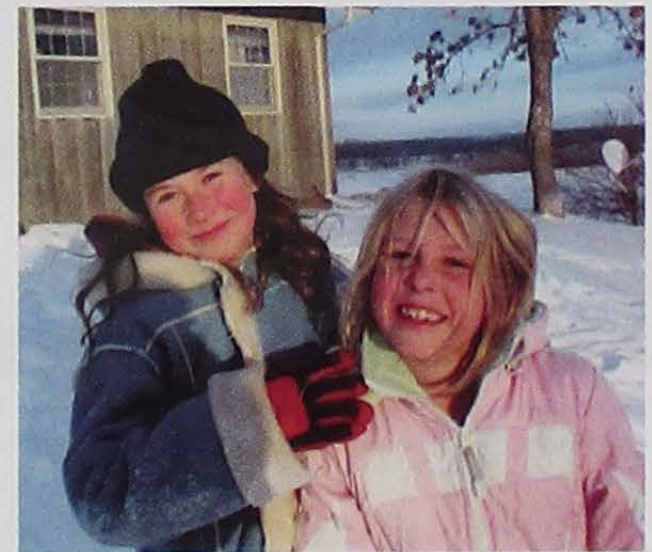
The family quickly settled into their new life in Ames. Dana's daughter, Sadie, began third grade at Gilbert Elementary with Allison's daughter, Lydia, the same school their mothers had attended as children.

"It was so much fun watching them do the things Dana and I did as kids," Allison said. "They made forts and put on plays and made up secret messages. They had a great time."

Grandma Margot Eness, of rural Dayton, enjoyed watching the girls grow closer. "Sadie and Lydia have always been more sisters than cousins but have always had to deal with 1,200 miles between them," she said. "These four months they almost lived in each other's skin."

Sadie enjoyed this brief foray into a different sort of life, attending the Dayton Rodeo with her cousins, playing in the Iowa snow, visiting her grandparents on their farm near Dayton with little brother Aidan, celebrating a birthday at the Ames/ISU Ice Arena with her cousins, and accepting the generosity of her new Gilbert friends who worked hard to raise money for the repair of Sadie's New Orleans school.

"I think when you live somewhere long enough, you develop this almost smug attitude that you could never be happy anywhere else," Dana said. "I think what this experience taught Sadie especially is that you can adapt and find what's good and special about any new place, and she really did."



Sadie and Lydia had fun in the snow together last year.

Dana and Allison cherished their time together as much as their daughters did. In recent years the distance between them had limited them to hurried visits and brief phone conversations. For the first time in 10 years they were able to live near one another and share their lives.

"I enjoyed all the small things," Allison said, "just sharing the normal day-to-day stuff. We put our daughters on the school bus together, did school things together, had supper at each other's houses — all the stuff you want to do with your sister we did."

Allison's fondest memories are of sharing her 40th birthday with both of her sisters in November and sitting around her kitchen table making candles with Dana and their children.

"It was so great having my sister here for the big things that come up, and the small things too," she said.

As the holidays approached, Dana's presence here grew



even more special.

"I am normally in such a hurry at the holidays, trying to cram things in," Dana said. "This time I was a part of the preparation and anticipation of the holidays and for Thanksgiving and Christmas both. I was here as a participant, not as a guest from far away who pops in for a few days."

The entire Eness family was together for Christmas, including brothers Danny from Ankeny and Jason from Iowa City and an older sister, Molly, from New York.

"For the first time my children were able to open their presents on Christmas morning with all of their cousins and their grandparents," Dana said. "It was very special, just wonderful. I had the realization that this is what it's like every year, only we are not there."

### Back to their Southern home

On Dec. 31, 2005, Dana, Jason, and their children said goodbye to their Iowa life and went home to New Orleans. They realized they were returning to a city facing a difficult future but felt driven to return.



Sadie and Lydia draw in Sadie's room of the apartment that was donated for use by her family

by JON BRITTON

"Everything we love about New Orleans is still here," Dana said, "and we had the feeling we could help make things better. People were dealing with this major upheaval with such good cheer and determination — like the Whos down in

Whoville. It was and is truly inspirational."

"For us," Margot said, "It was such a wonderful four months it was hard to accept they were actually looking forward to going back to New Orleans."

"I was so sad," Allison said. "I wanted more time with my sister. I didn't want her to go, but she is so in love with New Orleans. New Orleans is a life blood for her."

Back in New Orleans, Dana was driven by "an almost obsessive desire to do what I can for this city." She began a new job as program coordinator for Stay Local!, an organization aimed at encouraging residents to support local business. With 80 percent of the city severely damaged by the events of August 2005, New Orleans is struggling, but Dana is inspired by the innovation and spirit she sees all around her as businesses redefine themselves to stay alive and meet the needs of a city forever changed. She wants Iowans to know that New Orleans is still the same amazing tourist destination it has always been. The most historic parts of New Orleans were spared



The children of Lusher Elementary in New Orleans express their gratitude to the students in Gilbert for raising money to help their school.

destruction, and "the food is still incredible," she said.

Dana's family has settled back into their life and will spend this Christmas at home in New Orleans with friends. As Dana works to build the future for the city she adopted as her own, she carries the memory of a beautiful holiday season spent reconnecting with her past. Despite her passion for New Orleans, Dana holds her Midwestern roots close to her heart.

"Iowa is much safer, cleaner, more predictable and pragmatic, all good traits. I attribute my work ethic, trustworthiness, and sense of fair play to my Midwestern upbringing and am grateful to have those values as a standard by which I live my life. I feel fortunate to have such a vastly different place from New Orleans to return to and bring my children to."

"What this experience taught me and my daughter," mused Dana, "is that life can change dramatically and life goes on and that's OK."

The sisters marvel at the opportunities a tragedy brought with it, the opportunity for children to live for a while in the sort of life their mother experienced growing up in Iowa, the opportunity for sisters to reconnect and cousins to grow closer,



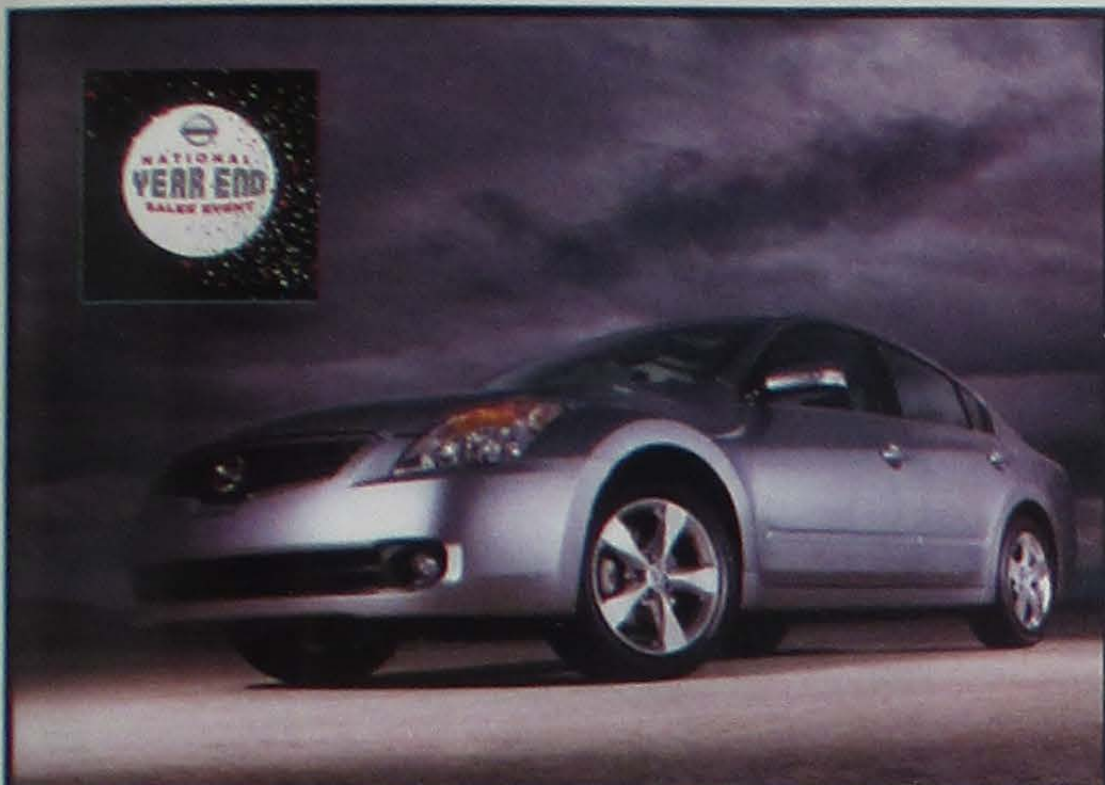
The Eness siblings, from left, Jason, Dana, Allison, Molly and Danny, had a family get-together in Colorado this summer.

the opportunity to slow down and savor a holiday season surrounded by family.

Allison said it best: "You cannot destroy a real relationship with distance. We were back together, and it was like we were both 13 again and every bit as close. There is nothing else in the world like the relationship between sisters."

Susan Canny Vernon is a freelance writer living in Ames. She can be reached at [smvernon@mchsi.com](mailto:smvernon@mchsi.com).





## THE ALL NEW 2007 NISSAN ALTIMA

The Uncommonly  
Thrilling Sedan



**JORDAN**  
NISSAN • AMES  
2901 SOUTH DUFF  
239-3555 • 888-868-2968  
[jordannissan.com](http://jordannissan.com)

Connie and the boys turn long winter  
nights into warm winter memories with  
the help of **small dog productions**  
photography studio



bed by Lebeda

1018 Marston Avenue in Ames  
515-232-3203 on call 24/7\*  
[talkto@onesmalldog.com](mailto:talkto@onesmalldog.com)  
[www.onesmalldog.com](http://www.onesmalldog.com)

\*for births, adoptions, and life's other unscheduled moments

# Have the *time* of your *life!*



You can live well, age well and have fun  
doing it when you join *Prime Time Alive!*  
The program is specifically designed for  
people age 50 and better interested in  
achieving a vital balance of physical,  
emotional, financial and spiritual  
components in their lives.

As a member of *Prime Time Alive* you'll  
enjoy a variety of benefits including  
discounts on a variety of laboratory  
wellness screenings, massage therapy and

the Mary Greeley Medical Center  
cafeteria. You can take advantage of a  
variety of social events, health screenings,  
educational programs and more!

All these great benefits, and more, are  
available to you for only \$10 a year!  
To get more information about *Prime  
Time Alive*, call us at (800) 303-9574 or  
(515) 239-2423, e-mail us at  
[yourhealth.primetimealive@mgmc.com](mailto:yourhealth.primetimealive@mgmc.com),  
or check us out online at [www.mgmc.org](http://www.mgmc.org).





# Christmas tales for young and old

By MARISA MYHRE

These two books of stories — one for adults and one for kids — are must-haves for every family. Whether exploring old traditions or enjoying new additions to the Christmas experience, these books can be taken out and treasured every year.

## "Stories Behind the Great Traditions of Christmas" (2003)

By ACE COLLINS

This comprehensive history of Christmas and the traditions behind it starts with the season itself, tracing the origins back to ancient Rome and beyond. It explains why the holiday falls on Dec. 25 (it's not because that's when Jesus was born, in case you're wondering), and includes the story of

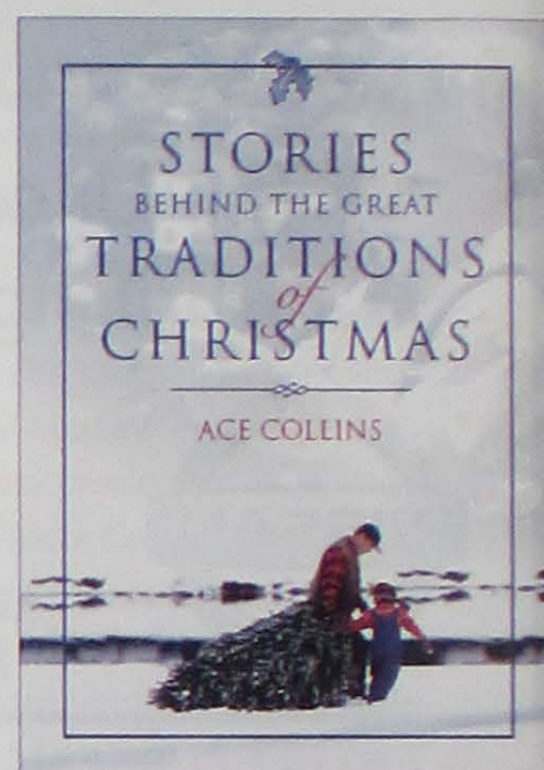
Christmas being canceled under Cromwell in England.

From the history of America, where the Puritans did not celebrate Christmas, to the history of Europe and Canada, where Christmas is celebrated for an extra day, the author traces Christmas history all over the world.

Traditions range from the secularized — cards, trees, candy canes — to those unique to the church, such as the celebration of Advent and Epiphany.

Collins definitely is not covering Christmas from outside the tradition. The rise of the term "Xmas" instead of "Christmas," for example, is covered with a certain annoyance in the author's voice. He also gives a religious turn to each verse of "The 12 Days of Christmas."

This book does an excellent job not of only delivering the history, but also of making it interesting and delving into the legends, building the world of each one for the reader.



## "Jan Brett's Christmas Treasury" (2001)

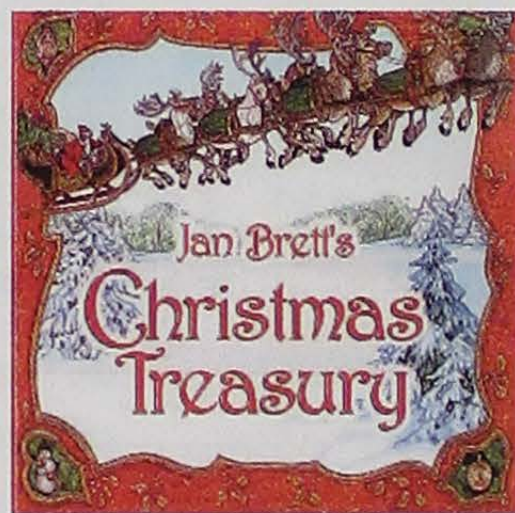
By JAN BRETT

This book would make a fantastic Christmas gift for a child of any age, or even for an adult, as anyone who has not picked up a Jan Brett book is missing out on wonderful stories and great works of art.

This volume contains seven of Jan Brett's Christmas stories, all illustrated by Brett. Familiar Christmas stories as well as some of Brett's own original tales are included.

As a child, Brett felt she could escape into the world in books, she writes in the introduction. She wants to recreate that for herself as well as for new generations.

Her travels were also a source of inspiration. A trip to Norway



and to Hans Christian Anderson's home in Denmark, for example, gave her the setting for "The Hat," a story about a hedgehog with a lost stocking stuck to him. The tale contains an important message for kids about segregating people who are different.

Each of Jan Brett's illustrations is full of hidden bits waiting to be discovered. Readers can see something new in the pictures each time they pick up the book. Even the title page, the introduction, the dedication, and the occasional

blank page in between have beautiful borders and small pictures pertaining to the stories. It's obvious that Jan Brett takes great joy in the stories and pictures.

One example is "The Mitten," the first story in this collection. It's a Ukrainian folk tale about a little boy who loses his mitten, and the collection of animals that find and climb into it.

On the side of each page, in addition to the large illustration, is a border with mitten-shaped windows that reveal other scenes of the story, such as the animals coming out of their hiding places to approach the mitten as the boy searches for it.

Brett both wrote and illustrated "Wild Christmas Reindeer," about a girl put in charge of Santa's reindeer. At first she takes a tough hand, yelling, pulling and bullying. When she realizes her

mistake, apologizes, and is kinder to them, they all work together very well. The reindeer have names like Twilight and Tundra, each with an individual personality. On the side are windows containing a countdown to Christmas showing what the rest of the North Pole is doing.

The book has not one but two stories about thieving trolls; a girl needs cleverness to get back her things in "The Trouble with Trolls," and kindness is the key to dealing with the decoration-stealing "Christmas Trolls."

Brett's beautifully illustrated version of "The 12 Days of Christmas" is included, and the book ends with the story of the "Night Before Christmas."



Marisa Myhre lives and works in Ames. She can be reached at 233-3610 or [marisamyhre@hotmail.com](mailto:marisamyhre@hotmail.com).



*Holly's has a great selection for Christmas*



- Brighton accessories
- Woolrich sweaters
- French Dressing jeans
- Foxcroft shirts
- Scarf & Gloves sets
- Forecaster coats
- Excellent Customer Service
- Give her a shopping spree.
- Beautiful FREE gift wrapping.

*Holly's*  
Holly Larson, Owner

701 Story Street • Downtown Boone • (515) 432-8606

Monday 9-5:30	Tuesday 9-5:30	Wednesday 9-5:30	Thursday 9-8	Friday 9-5:30	Saturday 9-5
------------------	-------------------	---------------------	-----------------	------------------	-----------------

*expressions  
dental*



*advanced dentistry  
for healthy living*

• • • •

*john e. clary, dds*

*515 Grand Ave., St. 101*

*232-0558*

*www.jclarydds.com*

Ask us about dental implants and  
anxiety-free dentistry.

Or how to get free whitening trays by  
just becoming a new patient!

## Working in your best interest.

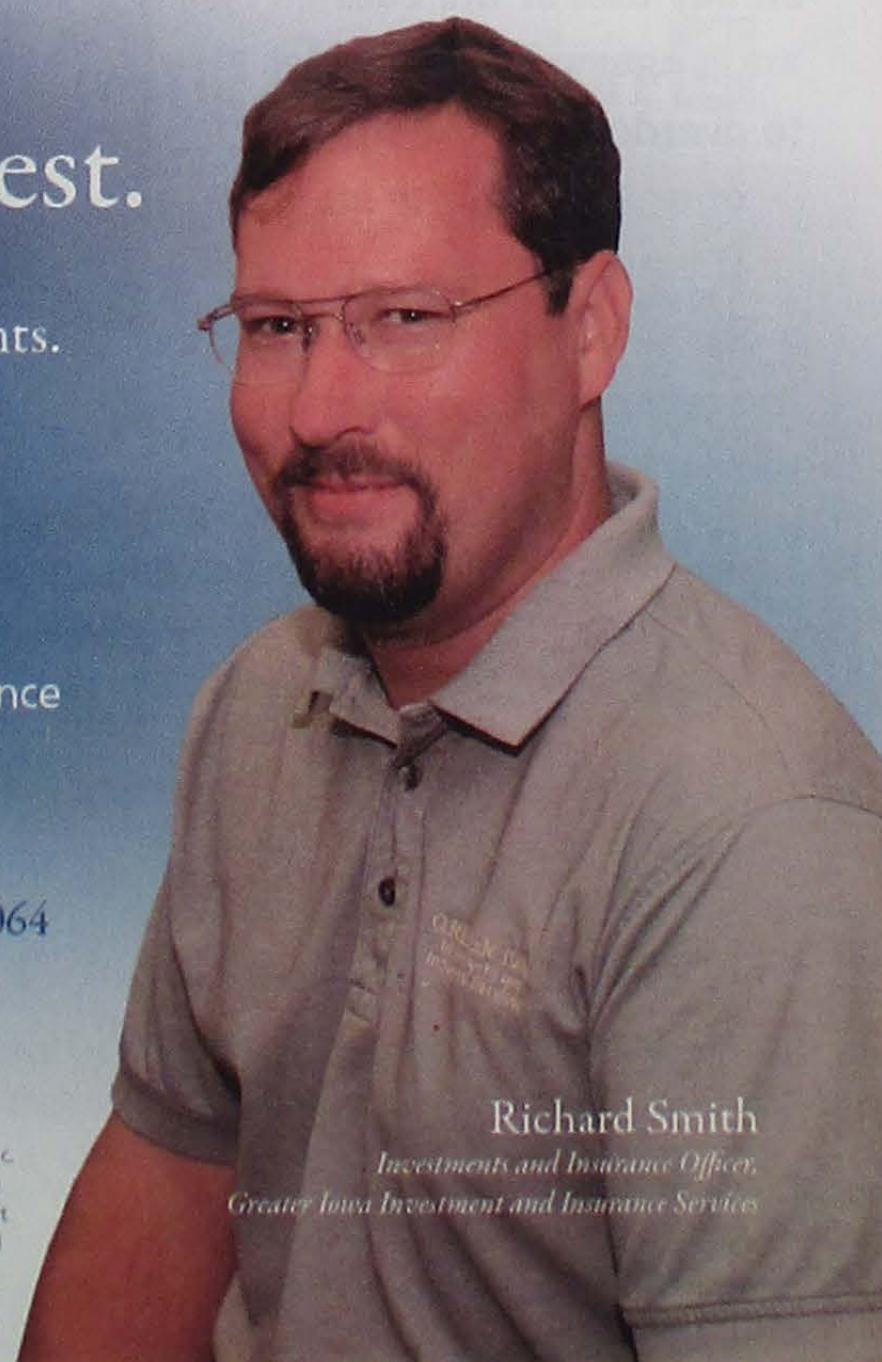
Helping you make decisions about your investments.

- Traditional IRAs
- Roth IRAs
- 401k Rollovers
- Life insurance
- Long-term care insurance



(515) 232-8943 ext. 1377 • 1-800-296-9064  
[www.greateriowacu.org](http://www.greateriowacu.org)

Representatives are registered, securities are sold, and investment advisory services offered through CUNA Brokerage Services, Inc. (CBSI), member NASD/SIPC, a registered broker/dealer and investment advisor 2000 Heritage Way, Waverly, Iowa 50677, toll-free (866) 512-6109. Nondeposit and insurance products are not federally insured, involve investment risk, may lose value and are not obligated or guaranteed by the financial institution. CBSI is under contract with the financial institution, though the financial series program, to make securities available to members. FR080616-D917



Richard Smith  
Investments and Insurance Officer  
Greater Iowa Investment and Insurance Services



[ FOOD BITES ]

# grown-up *festivities*

By MADELEINE ROTHMAYER

**T**he holidays are a magical time for children — and for the child inside each of us. We can't help but be charmed by the lights, the decorations, the gifts, and the candy.

But after a month's steady diet of the cute and sugary, it is possible to overdose on the magic — or at least on the sugar.

If you're ready to instill a little sophistication into the revelry, consider planning a holiday party for your grown-up friends, with party fare that adult palates can appreciate.



By MADELEINE ROTHMAYER

## Puff Pastry Trio

If you're pressed for time but still want to serve homemade, oven-fresh appetizers, here are three easy recipes that can be prepared ahead of time and baked just before serving. Using store-bought puff pastry, you can easily turn a few simple ingredients into elegant hors d'oeuvres.



## Onion Sage Tart

www.foodnetwork.com

Recipe from Dan Smith and Steve McDonagh

3 tablespoons olive oil	fresh sage leaves, for garnish
4 large sweet onions, sliced thin	8 sage leaves, thinly sliced plus
2 teaspoons sugar	extra whole leaves for garnish
1 teaspoon salt	2 eggs
1 teaspoon white pepper	1/2 cup heavy cream
1 tablespoon ground sage plus	2 puff pastry sheets

Preheat the oven to 400 degrees Fahrenheit. In a large skillet, heat the olive oil and add the onions. Reduce the heat and add the sugar, salt, white pepper, ground sage and chopped sage. Sauté the mixture for 15 to 20 minutes, stirring often to allow the onions to caramelize without browning. When done, the onions should be soft and golden. Place onions in a large mixing bowl to cool. In another mixing bowl, whisk the eggs and cream together. Combine the egg mixture with the cooled onions.

Thaw the puff pastry as directed on the package. Place the sheets of puff pastry on baking sheets and prick all over with a fork. Spread the onion mixture on the pastry, leaving about a half inch uncovered pastry at the edges. Bake in the oven 20 to 30 minutes, until the bottom is golden brown. Remove from the oven and cool for 15 minutes before you slice the pastry into 2-inch squares. Garnish with fresh sage leaves. For easy entertaining, prepare the onion mixture in advance and refrigerate. Assemble the tart and bake right before serving.

## Sausage in Puff Pastry

www.foodnetwork.com

Recipe inspired by Ina Garten

4 bratwurst sausages or 4 of	plus extra for serving
your favorite fresh sausages	1 egg, beaten with 1 tablespoon
2 sheets puff pastry	water or milk, for egg wash
2 tablespoons Dijon mustard,	

Preheat the oven to 400 degrees Fahrenheit. Thaw the puff pastry as directed on the package. Place the sausage on a baking sheet and bake for 20 minutes. Turn sausage and bake for an additional 5 minutes or until fully cooked. Place sausage on paper towels and cool to room temperature.

Place the pastry sheet on a lightly floured surface with the short side facing you. Brush one inch of the far-side edge of the pastry with beaten egg. Cut each sheet of pastry in half lengthwise and brush the top side of the pastry with mustard (Keep the mustard away from the far edge to ensure that the log seals.)

Place one sausage link on each pastry piece and roll it up tightly. Cut off any excess pastry at the ends. Roll the other three sausage links in the remaining three puff pastry pieces. You can keep the logs in the refrigerator for several hours before baking. When ready to serve, place the four rolls, seam side down, on a baking sheet lined with parchment paper. Brush with the egg wash. Bake for 20 to 25 minutes, until browned. Slice and serve hot with mustard.

## Prosciutto Pinwheels

www.foodnetwork.com

Recipe from Emeril Lagasse

1 sheet puff pastry, thawed	1 sweet red pepper, roasted,
1 large egg, beaten lightly	peeled and seeded, or a jar of
2 ounces thinly sliced prosciutto	roasted red peppers

Preheat oven to 400 degrees Fahrenheit. Lightly grease two large baking sheets.

Cut the roasted pepper into half-inch strips. If using canned peppers, drain well and then slice the peppers into strips. Thaw the puff pastry as directed on the package. Place the pastry sheet on a lightly floured surface with the short side facing you. Brush one inch of the far-side edge of the pastry with beaten egg. Lay a thin layer of prosciutto on the pastry, then add a thin layer of red peppers on top of the prosciutto. (Keep the filling away from the far edge to ensure that the log seals.)

Carefully roll the pastry jelly-roll fashion, starting with the edge nearest you. Wrap the log in wax paper and chill for at least 20 minutes. (You can keep the logs in the refrigerator for several hours before baking.) Cut the chilled log crosswise into half-inch slices. Arrange the slices cut sides down, 1 inch apart on the baking sheets. Bake until puffed and golden, about 15 minutes. Transfer the pinwheels to a rack and cool slightly before serving.

*continued on page 24*

**Husqvarna**

**VIKING**

**Quilting Connection**

FABRICS ■ NOTIONS ■ PATTERNS ■ CLASSES ■ BOOKS ■ SEWING MACHINES

**Give the Gift of Creativity**

**With a Top-of-the-Line Sewing and Embroidery Machine from Husqvarna Viking!**



**SEWING MACHINES AVAILABLE IN ALL PRICE RANGES. FREE LESSONS WITH PURCHASE.**

**Gift Certificates Available**

**Extended Evening Hours M-Th in December**

Mon & Thur 10am-8pm • Tues, Wed & Fri 10am-5:30pm • Sat 10am-5pm  
Open Sundays 12:30-4:30 thru 12/17



**238 Main Street**

**Ames • 233-3048 • www.iaquilts.com**





## Pressed for time?

You can still entertain with flair.

Keep it simple:

- Light candles everywhere.
- Let soft jazz float in the background.
- Serve a few piping hot appetizers.
- Offer a carefully chosen selection of quality cheese, fruit, nuts and wine. Dark chocolate also is acceptable, but milk chocolate Santas are not welcome.

*continued from page 23*

## A harmonious cheese plate

For easy preparation and complex flavors, serve a combination of cheese with fruits and nuts. Think creatively — move beyond the ubiquitous grapes and Colby-jack. Choose a few quality cheeses to serve with ripe and/or dried fruit and fresh toasted nuts (some classic combinations are suggested below). Paired with an appropriate wine, sherry or port and some artisan bread, you'll have all the ingredients for holiday cheer.

**Mascarpone** with pears and hazelnuts

**Gorgonzola** with pears and pecans

**Stilton** with walnuts and figs

**Camembert** with apricots and almonds

**Brie** with cantaloupe and hazelnuts

**Gruyere** with tart apples and walnuts

**Goat cheese** with figs and pine nuts

**Cheddar** with plums or black cherries and walnuts

**Fresh mozzarella** with cured olives, sun dried tomatoes in olive oil, fresh basil leaves

## Choosing the wine (or beer) to complement the cheese

Pair wines with cheeses that won't overpower them. Wines and cheese that are products of the same area often go well together. Assertive red wines will stand up to the strong tastes of stilton and gorgonzola. The sweetness of sherry or port can provide a delicious contrast to salty blue cheeses. For soft, mild cheeses such as brie or camembert, choose lighter, fruity white wines. For a more earthy taste, consider beer and ale paired with cheddar, or porter with aged Gruyere. Check out the following Web sites for more ideas, and don't hesitate to ask your local wine/beer seller for suggestions.

"Beer and Cheese" by Janet Fletcher, San Francisco Chronicle: <http://www.sfgate.com/cgi-bin/article.cgi?f=/c/a/2005/02/17/WIGHKBA10C1.DTL>

"Cheese Pairings" by Carole Kotkin, Travel Lady Magazine: <http://www.travellady.com/Issues/May04/714CheesePairings.htm>

The Kendall-Jackson Web site: <http://www.kj.com/wine-food/pairing/variety.asp>

Cheesaholics Blog: [http://cheesaholics.blogs.com/cheesaholics\\_anonymous/2006/03/cheesaholics\\_an.html](http://cheesaholics.blogs.com/cheesaholics_anonymous/2006/03/cheesaholics_an.html)

# HyVee®

## Wine & Spirits



## The Gift of Wine

This Holiday Season, why not consider giving the gift of wine. Why? Because you can easily customize your wine gift and you don't have to break the bank—unless, of course you want to! After all, 'tis the season to pop the cork, sit back and relax with friends and family.

May we suggest a wine basket with your choice of gourmet cheeses and crackers or chocolates or perhaps a lovely bottle adorned with a beautiful, fresh, floral wine necker? If you prefer, you can select a decorative wine bag and card and your shopping is complete!

To make your gift giving easier, call with your order 24 hours in advance and we'll have your gift wrapped and ready for easy pick up.



If you need help, be sure to ask your local wine specialist for assistance.



**Elin Herrman**  
Lincoln Center Hy-Vee  
640 Lincoln Way  
515.232.1961



**Kathy Abbott**  
Hy-Vee Wine & Spirits  
3615 W. Lincoln Way  
515.292.0817



# little gems

Take in some brilliant bits of advice for the month of December.



Black Velvet Jacket w/ Beaded Collar and Pocket Flaps  
Black Satin Belted Palazzo Pant.  
Both pieces by THINK TANK.

## look party fabulous

Every year at this time, glittery holiday-party invitations arrive and visions of sugared martini glasses dance in our heads. But our hearts skip a little as we wonder about appropriate attire. Here are a few tips on festive and fashionable.

### DO

- Color your nails and lips a matching red for any party.
- Pair black slacks with a white blouse and pearls, or an embellished twin set for work parties.
- Wear sequins to make any look festive — on a clutch or scarf, as trim on a jacket or a sweater.
- Choose velvet, the fabric of the season in skirts, slacks and especially jackets.
- Be aware that casual during the holidays is dressier than at other times. So put on your heels, get out those dangly earrings and switch to your evening purse.

### DON'T

- Be afraid of fur, real or faux. It adds a festive wintriness to any ensemble.

- Mistake the words "cocktail attire" for "lingerie."
- Wear anything with a snowman or a Santa on it, or jewelry shaped like presents, lights or reindeer.

### DECODING THE INVITATION

- The invitation sets the tone. Typically, formal parties have formal invites, casual parties have casual ones.
- Invitations often include clues from the host. If it reads "cocktails will be served," you can wear cocktail attire.
- The time of day and location also indicates what to wear.

— Allyson Walter is owner of The Savvy Shopper, Inc. Learn more at [www.thesavvyshopperinc.com](http://www.thesavvyshopperinc.com).



## Aspen Ridge

WILL CHANGE YOUR VIEW OF  
TOWNHOME LIVING

Discover townhome living at its best at Aspen Ridge townhome development. Located adjacent to Coldwater Golf Links, Aspen Ridge offers a convenient central Ames location plus great amenities like these:

- Over 3,000 sq. ft. of luxurious living space
- Maintenance-free exterior
- Lawn care and snow removal
- Free unlimited golf at Coldwater Golf Links for 5 years

Visit Aspen Ridge townhomes and see what townhome living should be.

MODEL HOME OPEN DAILY  
CALL 515.233.2580  
[WWW.RANDALLCORP.COM](http://WWW.RANDALLCORP.COM)  
SOUTH 16TH ST & GOLDEN ASPEN DR.  
(BEHIND KMART PLAZA)



ASPEN  
RIDGE

N

ASPEN RIDGE



Kmart Plaza

S. Duff Ave.

S. 16th St.



# december facets faces

To have your unique women's group featured in our Facets Faces, call Heidi Marttila-Losure at 232-2160



## Members of the Ames Waldorf Association

The Ames Waldorf Association will have a holiday craft fair featuring handmade, natural toys; baked goods; and more from 9 a.m. to 3 p.m. Saturday, Dec. 2, at the Unitarian Fellowship, 1015 Hyland Ave., Ames.





# hue & cry

Definition: Any loud clamor or protest intended to incite others to action.

## A good word for 'holiday'

By HEIDI MARTTILA-LOSURE

**H**ere's a cheer for the unfashionable: I really like the word "holiday." Not that I dislike the word "Christmas." "Christmas" has wonderful connotations for me: watching my family open gifts; singing carols I know by heart; harmonizing with my sister during a candlelit church service; and feeling grateful for all the gifts I've been given, spiritual and otherwise. And the word itself is lovely — it sounds nice, with its crisp "k" beginning and sweet "ss" ending, and it's about the only word that encourages us to use another underappreciated word, "merry." So I have no beef with "Christmas."

But I have to admit to having a fondness for "holiday." First of all, it carries with it the promise of vacation, if you go with the British meaning of "going off on holiday." In the newspaper business, "Christmas" carries no such guarantee; one year, my family squeezed in Christmas Eve dinner and Christmas Day dinner in the hours between the time I got off from work at 7 p.m. Christmas Eve and went back in to work at noon on Christmas Day.

And "holiday" has saved me on more than one Christmas letter. No matter how lofty my ambitions of getting our family's missive out before Dec. 24, it's more often than not sent out the week before New Year's. It's gotten to be a tradition, actually, and I'd just plan on sending it out then, but I fear that if that was the plan I wouldn't get the letters mailed until mid-January. I don't think my relatives would believe I was honoring the occasion of Martin Luther King Jr. Day by sending them letters. But most people

are still feeling pretty festive until New Year's Day, and a "Happy Holidays" greeting, with a heartfelt sentiment like "May the peace of the season reside with you all year," can buy me a few more days.

I know there are people who think "holiday" is a sign that secularization has extended its godless creep even into our language. And at least in one instance, I agree: Last year's Lowe's signs advertising "holiday trees" were pure silliness. No other religion's followers put up Christmas trees, as far as I know, and even if they do, the trees are still Christmas trees — if I light a menorah, it's still a menorah, not a holiday candle.

But sometimes, using "holiday" is really living up to the spirit of the Christmas season.

I think the best Christmas card message yet was uttered thousands of years ago, in the cries of the heavenly host: "Glory to God in the highest, and on earth peace, and goodwill toward men!" (OK, so the traditional translations don't include women. I chose to believe that's a linguistic fluke; let's just say it's supposed to read, "goodwill toward humankind.") There are other messages we're supposed to get from the Christmas story, but that must be one of the most significant.

As I try to pass goodwill on to my fellow humans, sometimes wishing them a "Merry Christmas" is not the right thing to do. For example, for my friend Sophia, who was part of the reason we named our daughter Sofia, wishing her a good Eid al-Adha would show much more goodwill. And for The Tribune's intrepid arts reporter, Carole Horowitz, "Happy

Chanukah" would be the right way to express my Christmas cheer.

And, if you're a store with limited sign space, a cheery "Happy Holidays!" covers the gamut.

There are many good reasons to be upset with America's retailers, but I don't think their generalized greetings are one of them. "Holiday" is not profanity, after all. And really, would Jesus — a man who for several years lived like a hobo, wandering from place to place with little in the way of possessions — want to have anything to do with the materialistic craziness we call the Christmas shopping season?

There was a thought-provoking commentary on NPR two years ago from a devout Christian who objected to the cry to "put Christ back in Christmas." He said Christmas is already too far gone; you might as well leave Christ out of it, as he only gets tarnished and lost in how we celebrate it.

So for all of you who hold the celebration of Christ's birth dear to your heart, let's not waste our breath on a war of words this year; let's save it for a good late-night conversation over tea and ginger cookies, or another round of Christmas carols. (You'll need all the breath you can get to hit that high note in "O Holy Night.")

And to all of you Facets readers, I wish you a very happy holiday.



Heidi Marttila-Losure is editor of Facets. She can be reached at 232-2161, Ext. 352, or [hlosure@amestrib.com](mailto:hlosure@amestrib.com).





Flooring  
Furniture  
Accessories  
Window  
Treatments

FINANCING  
AVAILABLE!

# FLOORING GALLERY

*Custom Interiors*

LOOKING FOR THAT UNIQUE GIFT?

Flooring Gallery's beautiful furniture & accessory department, may have just what you're looking for!

310 S. 16th Street Ames 515.232.2200